

# Growing Healthy Families

ST. JOHNSBURY DISTRICT OFFICE • Vermont Department of Health, WIC Program  
107 Eastern Ave., Suite 9, St. Johnsbury, VT 05819 • 1-802-748-5151 or 1-800-952-2936

All activities are FREE  
of charge!

## La Leche League meeting

1st Monday of each month  
10:30 a.m.

WIC Office

Vermont Department of Health  
St. Johnsbury

Everyone is welcome — pregnant women, and moms with newborns and/or toddlers. Come to a relaxed atmosphere where moms help other moms. Even if everything is going great, come for the social interaction and the chance to help another mom!



Like NEK Breastfeeding Coalition on Facebook!

## Happy Mother's Day

Thursday, May 7; 10:00–11:00 a.m.

WIC Office, Vermont Department of Health, St. Johnsbury

Join us to celebrate mothers everywhere by doing arts and crafts with your little ones. All are welcome, so be sure to tell a friend!

To learn more about it or just to let us know you are interested in coming, call Amanda at 802-751-0171.

## Mommy & Me Yoga

Friday, March 13

10:00–11:00 a.m.

WIC Office

Vermont Department of Health  
St. Johnsbury

You've heard of yoga... ever wanted to give it a try? It's a fun activity you can do with your little ones! Join us to learn basic yoga you can repeat at home and take home a Fit WIC booklet full of other fun activities you can do with your kids.

To learn more about it or just to let us know you are interested in coming, call Amanda at 802-751-0171.

## Little helpers needed...

Tuesday, April 21

10:00–11:00 a.m.

WIC Office

Vermont Department of Health  
St. Johnsbury

Bring your little helpers in to learn what you can do to reduce waste by recycling and to celebrate Earth Day. We will be planting seeds you can take home with you.

To learn more about it or just to let us know you are interested in coming, call Amanda at 802-751-0171.

